

RECIPE OF THE WEEK: PALEO EDITION

Pork Chops w/Bacon and Apple Compote

Ingredients:

4-6 pork chops
2 tbsp butter or coconut oil
2 medium Gala apples
10 strips turkey bacon
1 red onion
1 tbsp garlic powder
4 fresh sage leaves
¼ tsp paprika
Salt and pepper to taste

Instructions:

1. Preheat oven to 350 degrees
2. Sprinkle salt and pepper on both sides of the pork chop and place in a glass baking dish. Bake at 350 degrees for 40 minutes or until internal temperature is 165 degrees.
3. Slice the bacon into ½ inch strips, dice the apple, and dice the red onion.
4. Heat the butter or coconut oil in a skillet and sauté the bacon, apples, and onion over medium-high heat until bacon is crispy and apples and onions are soft.
5. Add sage, garlic, and paprika to the skillet and mix for about 2 minutes.
6. Once done, remove the skillet from the heat and serve compote over the pork chops.

